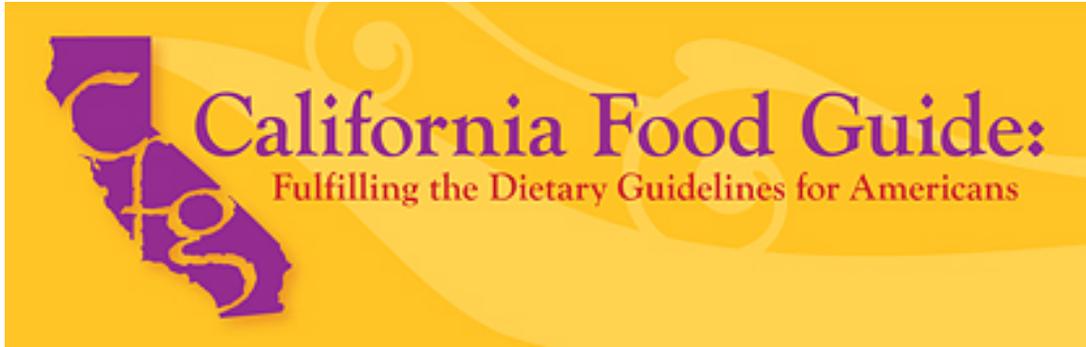


# California Food Guide

## Fulfilling the Dietary Guidelines for Americans



Suggested Citation: California Food Guide: Fulfilling the Dietary Guidelines for Americans. Sacramento, California: California Department of Health Care and California Department of Public Health;2008. Available at <http://www.cafoodguide.ca.gov/>

<p>Arnold Schwarzenegger Governor State of California</p>	The Great Seal of the State of California is circular with a gold border. The outer ring contains the text 'THE GREAT SEAL OF THE STATE OF CALIFORNIA' in gold. The inner circle depicts a woman in a red and blue dress, holding a torch in her right hand and a plow in her left. The word 'EUREKA' is written in blue above her. The background of the seal shows a landscape with mountains, a bay with ships, and a sun.
<p>Kimberley Belshé Secretary Health and Human Services</p>	The logo for the California Health & Human Services Agency features the letters 'CHHS' in a large, blue, serif font. A yellow sunburst is positioned above the 'H's. Below the letters, the text 'California Health & Human Services Agency' is written in a smaller, blue, sans-serif font.

The California Food Guide is a collaborative effort between the California Department of Public Health, the California Department of Health Care Services and the InterAgency Nutrition Coordinating Council

		
<p>Mark Horton, MD          Director          California Department of          Public Health</p>	<p>InterAgency Nutrition          Coordinating Council</p>	<p>Sandra Shewry          Director          California Department of          Health Care Services</p>

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## PREFACE

The California Food Guide (CFG) is the culmination of over four years of collaborative work with nutrition experts within the state of California. It originated as a joint project between the California Department of Health Services (CDHS) and the InterAgency Nutrition Coordinating Council (IANCC). IANCC represents the California Departments of Health Care Services, Public Health, Education, Aging, Corrections and Rehabilitation; the Universities of California at Berkeley and Davis; the University of California Cooperative Extension; and California Dairy Council. Since the completion of CFG, CDHS has split into two new departments, the California Department of Public Health (CDPH) and the Department of Health Care Services (DHCS). As a result, it will be apparent to the reader that many of the references refer to the old department, CDHS. In subsequent versions the appropriate departments will be referenced.

This web-based edition is an update of the original 1990 hard copy document, which was formerly titled the California Daily Food Guide. In 2003 CDHS and IANCC formed the CFG Editorial Committee to assist with the selection of authors and the review process. Over a three-year period, the CFG Editorial Committee worked with the authors, outside academic reviewers, and California departmental staff in reviewing new dietary and physical activity recommendations, and revising chapters.

CFG Editorial Committee members developed chapter outlines and a comprehensive review system for chapters. Chapters are structured to address information about dietary patterns, dietary recommendations, public health implications, and opportunities for improvement. The contents of each chapter were based on an extensive review of the literature along with editorial review by experts.

During the development phase, CDHS, in collaboration with IANCC, invited food and nutrition experts in various state agencies to assist in the revision of the food guide so that the revised version would reflect updated federal nutrition guidelines, such as the Dietary Guidelines for Americans 2005 and the Dietary Reference Intakes. In addition, authors were also enlisted to develop chapters devoted to certain specialty topics, such as ethnic foods, pregnancy, lactation, and certain important topics such as obesity and environmental food contaminants.

The manuscript preparation and review process included the following:

CFG Editorial Committee and IANCC members selected chapter authors. Each chapter usually has one to four authors with one lead author and several co-authors. Lead authors and co-authors were provided with

instructional letters and guidelines for development of topic chapters. They were requested to select a minimum of three expert reviewers: one reviewer from within CDHS and two additional reviewers from outside CDHS. If the authors required assistance, CFG Editorial Committee members and authors provided suggestions for reviewers. Reviewers completed structured review forms with comments to the authors. Once the reviewer suggestions were incorporated, the lead author submitted the draft chapter, along with the completed reviewer forms, to the Editorial Chair. The Editorial Chair and assisting Research Scientist, conducted a preliminary review of the chapter, along with any additional edits, and sent the draft chapter to CFG Editorial Committee members. CFG Editorial Committee members reviewed the chapter and provided comments back to the Editorial Chair who worked closely with the authors to address the Editorial Committee concerns. Draft chapters underwent further review with Dr. Don Lyman, Chief of the Chronic Disease and Injury Control Division (CDPH)

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